

The Courier

February 9, 2022 Volume 22 Number 21



Emily Erwin

Iron woman of Ocean Pines

See story on page 3

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The Iron Woman of Ocean Pines

By **Jack Barnes**

Upon first glance 27-year-old Emily Ewin appears to be a pleasant young special education teacher at Bennet High School in Salisbury. When one scratches beneath the surface it is discovered that the pursuits of this Frederick, Maryland-born native go much deeper.

Since the age 15, Emily spent summers vacationing in Ocean City with her parents. A competitive swimmer in high school, she worked at Castle-In-The-Sand as a life guard. Following two years in community college, she attended Methodist University in Fayette, NC on an academic scholarship where she also played lacrosse. Her younger sister Sarah also attended Methodist U.

Inspired in her youth by a Frederick neighbor who struggled with a form of Crohn's disease, special education became Emily's focus. After graduation Emily began her career at Bennett Middle School. She worked in Emotional Disability Support for four years, earned her Masters degree and transitioned to Bennett High School where she is now the eleventh grade Special Education Case Manager. She co-teaches science and math.



Emily at finish of 70.3 Ironman North Carolina

Independent and hardworking, sports have always been a part of Emily's life. She gives special credit to her former lacrosse coach Kendyl Clarkson who encouraged and motivated her to push beyond her comfort level. That inspiration led to becoming head lacrosse coach for the Lady Blue Crabs headquartered in Easton as well as assistant coach for Worcester Prep lacrosse in Berlin. While still living in Ocean City she returned to swimming. Practicing at the Sports Core pool in Ocean Pines, Emily was encouraged by then Ocean Pines Association Aquatics Director Colby Phillips.

Emily started entering local marathons and, striving ever

higher, she started biking, entering the Half Ironman, also known as the Middle Distance Triathlon or 70.3 which consists of a 1.2 mile (1.9k) swim, 56 mile (90k) bike, and 13.1 mile (21.2k) run. In total, this adds up to a distance of 70.3 km, exactly half the distance of a full Ironman.

Emily has competed from Maine to North Carolina. In these "sprint marathons" as they are often called, Emily has placed first on the podium several times. She recently hired an online coach from Tennessee to help take her to the "next level." Emily is currently training for the full distance Ironman Maryland which takes place in September 2022. Her long-term goal, which she expects to accomplish in the next five years, is to qualify for the Ironman 70.3 world championships in Utah.

In 2020 accompanied by Goose, her long-haired Dachshund, Emily purchased a home in Ocean Pines. Emily wants to be a role model for students and athletes alike.

Aside from teaching and coaching she is a server at Boxcar on Main in Berlin one night a week. So, if you happen to be dining there on a Thursday evening, say hello to Emily and tell her, "You go girl!"

Emily working out on her bike in Ocean Pines

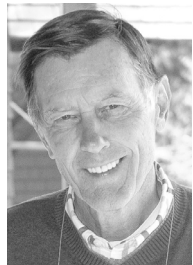


Commentary

Farr v OPA: a post mortem

Commentary by **Joe Reynolds**
OceanPinesForum.com

Why did the court rule against OPA in the case of Farr v OPA?



Based on the Judge's written ruling in the case, it appears his decision possibly hinged as much or more on what the Board of Directors did after Farr filed the case than on

what OPA did to cause Farr to file the case initially.

OPA's defense involved the by-laws term of "owners of record" and something called the "business judgment rule." Montgomery County government describes the rule as "when a dispute over the validity of a decision of the board is brought before a court, the court will not substitute its own judgment of what is best for the association in place of the judgment of the board of directors, so long as the board acted properly."

So long as the board acted properly - the significant qualifier.

Montgomery County goes on to say, "The law requires the member intending to challenge a decision that is protected by the business judgment rule to allege, and provide

evidence of, bad faith, fraud, arbitrariness or of a lack of legal authority. It is not sufficient simply to claim fraud, bad faith, arbitrariness or lack of authority. There must be a showing of some supporting facts or of a specific law or rule that has been violated."

In short, without a finding by a Judge that OPA acted in bad faith, the court may well have simply dismissed the case. Certainly, other factors may have been at issue, but without a finding of bad faith, the outcome could have been entirely different.

The court decision contained these words by the Judge:

"In the Opinion and Order of this court dated November 5, 2021, it was observed that the conduct of the Board, in its decision on September 30, 2021, to conduct a new election with only three candidates, excluding Mr. Farr, justifies judicial review of that decision. The court stated: The business judgment rule requires the presence of fraud or bad faith in the conduct of internal affairs before the decisions of a board of directors can be questioned. The totality of the activities of the OPA Board, in certifying Mr. Farr as a candidate,

disqualifying him in the middle of an election, and then deciding to conduct another election without Mr. Farr on the ballot, thereby, ensuring the re-election of an incumbent Board member, is a sufficient demonstration of bad faith, self-dealing and unconscionable conduct to justify judicial review."

And finally, "This court finds that the current election activities of the OPA Board, in an effort to exclude a popular candidate for election to the

One thing is certain - the board vote to hold a new election was a significant and damning blunder.

Board, have been conducted in bad faith, and are therefore, not protected by the business judgment rule."

While the Judge references the "totality" of board activities, it certainly appears the board decision to hold a new election prior to a court decision on the case and exclude Farr's name from the ballot was a final straw. That board decision,

likely triggering the final court finding of "bad faith" happened well after Farr successfully obtained an injunction halting OPA actions.

In other words, the Board shot itself in the foot. The Board vote to hold a new election excluding Farr on the ballot passed by a 4-3 margin. The damning action for the Judge was perhaps Frank Daly voting to proceed with a new election against public advice of OPA counsel not to do so, since Daly was on the ballot for re-election. Had Daly not voted, the motion would have failed on a 3-3 tie vote.

It is entirely possible the Daly vote was the straw that broke the Judge's back and caused a finding of bad faith, with the resultant ruling against OPA in favor of Farr.

Would the Judge have ruled OPA acted in bad faith without the board vote to hold a new election prior to any ruling in the case? We will never know. One thing is certain - the board vote to hold a new election was a significant and damning blunder.

Visit OceanPinesForum.com to see what others are saying, including some post mortem comments by Rick Farr's attorney Bruce Bright.

Courier Almanac

On February 9, 1942 Congress pushed ahead standard time for the United States by one hour in each time zone, imposing daylight saving time-called at the time "war time."

Daylight saving time, suggested by President Roosevelt, was imposed to conserve fuel, and could be traced back to World War I, when Congress imposed one standard time on the United States to enable the country to better utilize resources, following the European model.

The 1918 Standard Time Act was meant to be in effect for only seven months of the year-and was discontinued nationally after the war. But individual states continued to turn clocks ahead one hour in spring and back one hour in fall. The World War II legislation imposed daylight saving time for the entire nation for the entire year. It was repealed Sept. 30, 1945, when individual states once again imposed their own "standard" time. It was not until 1966 that Congress passed legislation setting a standard time that permanently superseded local habits.

According to Mental Health America, individuals' reactions to the death of a loved one can elicit unique emotions linked to their relationship to the deceased. For example, MHA, a community-based nonprofit focused on promoting mental health, notes that a child's death could inspire different feelings than the loss of an elderly spouse. When parents lose a child, that death may arouse a sense of injustice that can overwhelm the child's parents as they contemplate lost potential, unfulfilled dreams and, in certain instances, the child's suffering. Elderly individuals who lose a spouse may be overcome by feelings of loneliness. Recognition of these different reactions is important because it can help individuals and their support networks more effectively cope with their grief.



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Ocean Pines man speaks on Clubhouse Grille rescue

By **Josh Davis**

Wilmington, Delaware native Corey Link and his wife, Brenda, moved to Ocean Pines in April. Link said their new home has “the best of everything,” with a waterfront view, two-car garage and a wraparound driveway on Ocean Parkway.

On the afternoon of Oct. 31, the couple were dining at the Clubhouse Bar and Grille, less than a half mile from their home, when Link collapsed and went unconscious.

In a flash, bartender Rob Ruszin and manager Judie Scotti sprang to action. Scotti grabbed a nearby Automated External Defibrillator (AED) and Ruszin used the machine, and his prior knowledge as a lifeguard, to resuscitate Link. Scotti then called the paramedics, who would later transport Link to TidalHealth in Salisbury.

Just a few minutes after he went unconscious, Link said he was awake and joking with the restaurant staff. But, he added, things could have gone very differently.

Link said he and his wife were at the Clubhouse that day for food and drinks.

“I had just ordered a chili cheese dog and a cocktail, and when I went to take a sip of the cocktail ... my wife said my words were coming out a little weird and then my eyes rolled into the back of my head. I turned blue and fell to the ground,” he said.

“The next thing I remember, I was

laughing and joking with [Ruszin] and the paramedics got there, and we laughed and joked all the way to Salisbury,” he added.

Link said TidalHealth doctors told him he had a cardiac arrest brought on by a severe potassium deficiency.

“I was there probably about five days,” he said. “My potassium, it should be like four [millimoles per liter], but it was down around one. Who knew? Potassium is what makes your heart go.

“It just turned off, like somebody flipped a switch. It wasn’t a heart attack, because that damages the heart,” he continued. “The main reason I was there five days, is they were trying to get the potassium and magnesium levels up.”

Link said doctors put him on supplements and told him to eat bananas, and dark green vegetables and beans. He has no permanent damage to his heart, thanks to the fast action by Ruszin and Scotti.

When he was able, Link returned to the Clubhouse to thank them.

“She came running up to me and gave me a big hug, and it was really nice to see them both,” he said. “It’s a big thing for them too. I know they had training, but is it really going to work? It was a big commitment from them, and they’re really my heroes.

“We saw them again on the last day before [the Clubhouse] closed for the season, and my wife thanked them

too, because we wouldn’t have had a Christmas if it wasn’t for them,” he added.

Since then, Link has also heard stories from bystanders who were there on Oct. 31.

“My dentist knew somebody that was there that day. She said they just leaped over and started doing CPR, and then they got the [AED] machine and used that,” Link said. “She said it was incredible.

“They’re just my heroes. And even without any of that, they’re just such nice people,” Link continued. “And thank God I was there, because if I was home, by the time the paramedics got there, if I did live, I would have been braindead. Because of them, I’m here today.”

Studies have shown that quick use of a defibrillator can drastically increase a person’s chance of survival.

A National Institutes of Health report said the survival rate was 74% for victims who received their first defibrillation within three minutes, while those who received their first defibrillation after three minutes have a survival rate of just 49%.

Additionally, an American Heart Association study showed that cardiac arrest victims who received a shock from a publicly available AED had a far greater chance of survival and being discharged from the hospital (66.5%) than those who did not (43%).

For their heroism, Ruszin and

Scotti earned honors and recognition from the Worcester County Commissioners, the State of Maryland, the American Heart Association, and the American Red Cross.

The Ocean Pines Association has also continued its commitment to keep AEDs in all its facilities, including the Administration Building and Community Center, all five pools, all three restaurants, and the Golf Club, Marina and Racquet Sports Center.

Aquatics Director Kathleen Cook maintains the defibrillators and supplies information to staff on how to use them.

Cook tests all the units monthly.

“I’m just thrilled that it was there and that it worked,” she said. “[The defibrillator] would have never shocked him unless he needed it, so the guy was in trouble. So, hats off to Judie and Rob. They handled it flawlessly.”

General Manager John Viola said he was proud of the team and gratified that their training and knowledge paid off.

“Their quick actions saved a life. As a resident, that’s extremely comforting,” he said. “We purchased defibrillators last year for all of our facilities, and many of our staff are trained to use them in case of an emergency. Going forward, that will continue to be a priority, and we’ll ensure these devices are working and that our team members know how to use them.”

Returning film festival includes native producers

The 6th Annual Ocean City Film Festival will showcase five films directed and produced on Maryland’s Eastern Shore or by Delmarva natives. Complete festival information, showing times, and passes are available at OCMDFilmFestival.com.

Two feature films created by filmmakers with a connection to the Eastern Shore are showing during the festival.

“The Issue with Elvis” by Charlotte Wincott of Ocean City, is a feature film running one-hour-28-minutes about a retired botanist who lives in a cabin in the mountains outside of Morgantown, W.VA. When the doctor finds a home-

less child called Elvis, he is torn between wanting to help by providing him a temporary, safe place to live, and feeling the moral obligation to return the boy to his rightful home.

“Mary Tyler, Millennial” by David Schrader, originally of Berlin and a graduate of Stephen Decatur High School, is a one-hour-27-minute horror comedy about the past, present and future. New to Los Angeles, Mary Tyler takes a job at a mysterious startup that begins to warp her reality in strange and unsettling ways. The film explores aspects of corporate titan worship, influencer culture, unhealthy obsessions with the next big thing, and the powerful, dangerous pull of American cults of personality.

The OC Film Festival will screen four documentaries by Maryland filmmakers exploring contemporary themes.

“Terra,” directed by Lilly Dyer and produced by Fiona O’Brien of Bishopville, is 43-minutes in length and expresses the detriment of pollution in Appalachia through mythology and culture. The film follows a student character taught about the threats of climate change.

“Nothing Makes Sense” by Torrez Wise of Salisbury, is a 12-minute film offering a stylized peek into the creative process of a music-loving storyteller.

“Expedition: Thailand Part Three – The Chai Lai Orchid” by Daniel Mason of Stevensville is a 44-minute-long documentary exploring the dangerous side of mass tourism while highlighting sustainable tourism options in some of the world’s most popular and vulnerable destinations.

Also included in the festival are the winners of the “Ocean City Film Chal-

lenge,” an annual call to filmmakers to shoot a film in or about Ocean City over the month of July.

“Besties” by Joe Weiner of Ocean Pines took first place in the film challenge. Aspiring filmmakers struggle to agree on an appropriate title for their Ocean City-themed film.

“Prizehunter” by Davis Mears of Berlin won second place. A local P.I. pursues a boardwalk psychopath.

“Oh Sin City” by Anastasia Skye Lamper and Shannon Wilson of Salisbury won third place in the challenge. An Ocean City code enforcement officer shares the dark underbelly of his trade secrets.

“Apothecaries of Time” by B.L. Strang-Moya of Crofton, a graduate of Stephen Decatur High School and director the Ocean City Film Festival, recounts strange encounters with tourists.

Birding weekend events open for registration

Delmarva Birding Weekends is partnering with Dogfish Head Craft Brewery and its harbor-front hotel, the Dogfish INN, to host the 2022 “Winter Delmarva Dogfish BirdINNg Week-ends” when hundreds of nature enthusiasts will flock to the coast to enjoy a fusion of birds, boats, and beer.

Because much of the January 28-30 weekend was snowed out, new trips have been added on the Winter Delmarva Dogfish BirdINNg Weekend February 11 to 13 and the third Winter Delmarva Dogfish BirdINNg Weekend, March 3 to 6. Trips can be found at <https://delmarvabirding.com/>.

While the celebrated events still boast their popular seal and birdwatching boat cruises and strolls through some of the most pristine habitats on Delmarva, the Dogfish INN in Lewes is seeing to it that a warm bed and craft beer are again an integral part of the mix.

Nestled along the canal in historic downtown Lewes, just a short walk from Fisherman’s Wharf, the Dogfish INN is the Mother Nature basecamp for coastal Delaware, providing beer lovers and adventure seekers alike with fun-filled opportunities to explore the area’s many splendors.

Birding trips include forays into Prime Hook National Wildlife Refuge, Cape Henlopen State Park, the inlets at Indian River and Ocean City, and the private Newport Farms—to name a few.

The popular “Scoters, Seals & Slightly Mightys” double-decker boat tours out of Lewes will dazzle onlookers with close up views of sea ducks and Harbor and Gray Seals along the jetties and ice breakers. The boat includes a heated cabin.

Dogfish Head Founder & Brewer, Sam Calagione, said the brewery’s nature-centric mindset made this partnership an easy marriage. “Mother Nature is at the heart of everything we do at Dogfish, because without natural agricultural ingredients, our beers would not exist. That’s why we are continuously seeking new ways to protect and give back to the Earth, especially in our local community. In fact, our motto here at the Dogfish INN is, ‘Welcome to Lewes. Mother Nature, Let’s Do This!’

“In coastal Delaware, we are surrounded by opportunities to explore the great outdoors, and we are lucky enough to have one of the world’s best

birding scenes,” he said. “Through our partnership with Delmarva Birding Weekends, we are hoping to not only encourage folks to get outside and experience the goodness just beyond their doors, but to inspire them to do their part to protect the planet we call home.”

Now in its 27th year, Delmarva Birding Weekend organizers point to local wildlife as the events’ economic engine. “Folks all over the East Coast are starting to realize how spectacular the winter birding is here on Delmarva,” said event organizer Dave Wilson. “Hailing from all over the East Coast, our guests travel here to pair local outdoor experiences with local food and craft beer. It makes perfect sense to unite with Dogfish to bring it all together.”

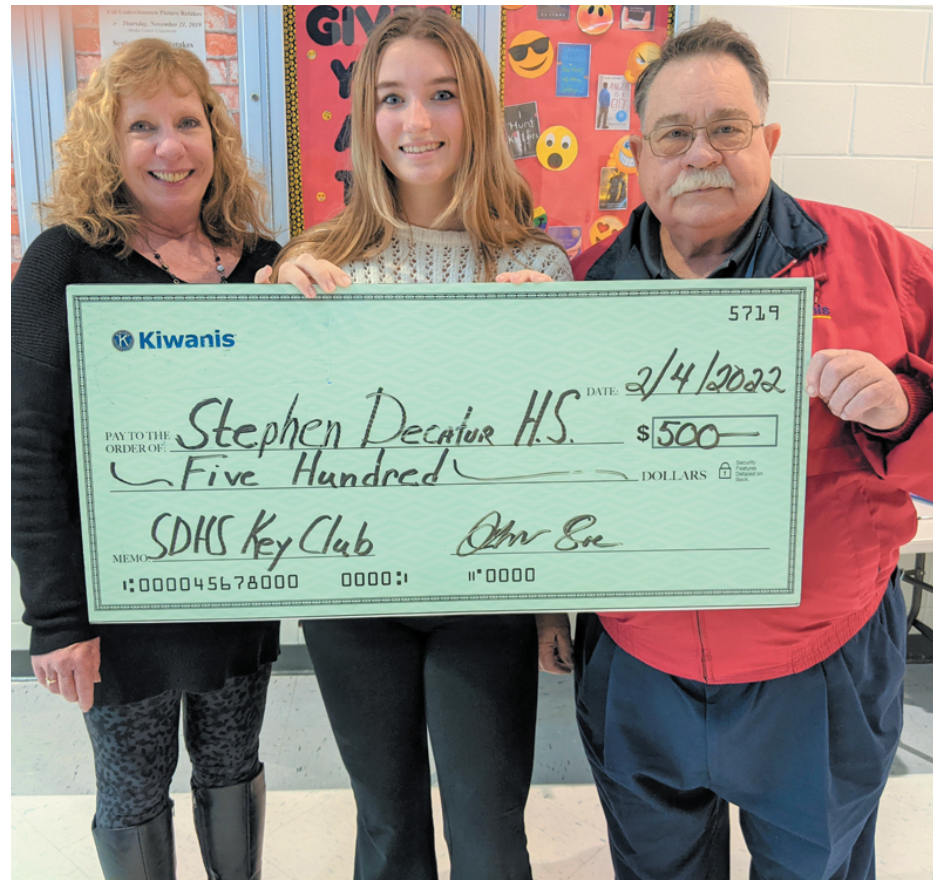
Indeed, Harlequin Ducks, eiders, Purple Sandpipers, falcons and more than 25 species of duck, goose and swan are on full display in the mid-Atlantic for about four months a year. More than 100 species were tallied in 2021 during each winter weekend, and dozens of seals flaunted their flippers on the Lewes breakwaters.

Guided by fun-loving local birders with decades-long experience on the shore, the walking tours and boat trips accommodate visitors from the curious nature lover to fowl fanatics. Last year, birdwatchers from more than a dozen states flocked to the winter events.

“Delaware is teeming with bird species in winter,” said Southern Delaware Tourism Director Scott Thomas. “And Delmarva is a great place to experience them with the combination of wildlife refuges, local fare, and accommodations like nowhere else.”

Melanie Pursel, the director of Worcester County Tourism concurred. “We enjoy such an abundance of bird species in the colder months that it just makes sense to market winter birding experiences,” she said.

“Tally rallies” to count the weekend’s species and relate tales of the days’ exploits will take place at Irish Eyes in Lewes and Burley Oak Brewing in Berlin. Those staying at the Dogfish INN, near Irish Eyes, can enjoy the short walk along the harbor back to their off-centered rooms, where the INN’s Cowboy Cauldron outdoor fire pit provides the perfect venue for recounting the day’s events or just counting stars.



Kiwanis supports Key Club

On February 4, a \$500 check was presented to the Stephen Decatur High School (SDHS) Key Club. Pictured (L-R) are Teacher Advisor **Stella Malone**, SDHS Key Club President **Kora Ketner** and Kiwanis Club Advisor to the SDHS Key Club **Roy Foreman**.



Goodbye friend

Last week was a rough one. Our family said goodbye to a very much-loved family member. Within my wife's embrace, our dog Bailey, thirteen and a half, closed her eyes for the

fact made clear to our son that because we already had an aging dog, Quincy, it was not likely we were ready to take in a puppy. Trying to be responsible parents, we wanted to at least feign common sense and not inflate our son's hopes.

It was a snowy day, March 1, 2009. After much discussion, my wife and I decided we would adopt the gold fuzzleball puppy.

We chose not to tell the kids, especially our youngest, wanting the experience to be a surprise. Our daughter was living home while attending college. Our oldest son was away at college. On the pretense that I had to drive their grandmother to Snow Hill for a meeting, I asked my son and daughter (both home from school because of snow) if they'd like to join me, promising lunch to ensure they'd accept. A free lunch always does the trick.

An excited howl arose from the backseat when I turned toward the Animal Control building. Within minutes Bailey was in my son's arms as I completed the adoption papers. He was so happy, more than I can ever remember him being. Before returning home, we stopped to see my wife at work. She was excited too when the little fuzzleball scampered in.

Although Bailey was an exceptionally gentle animal, there were times when she would go "turbo" around the house. She'd zip around the house taking corners like a professional race car driver. There didn't seem to be any rhyme or reason as to when she'd take off, but when she did, she was lightening fast. I don't remember a time when she ever bared her teeth in anger. I do remember a situation when we were in the Inlet parking lot after having been on the beach on a chilly early spring afternoon. As we were walking toward our car, a few boisterous teenagers were walking toward us. We weren't paying any attention to them nor were the teenagers paying us any mind. Bailey wasn't too sure. She made a point of getting between us and the teenagers as they passed, keeping her eyes on them the whole time. It was obvious she was protecting us.

She was an affection hound who

knew no boundaries. From puppyhood, every time my wife and I embraced Bailey nudged between my wife's legs to share the moment. She did so one last time several days before she died.

She loved snow. She was happiest when she was outside with the kids, sticking her head in snow mounds and racing after the kids who were pulling each other on a sled.

When our children were living at home, each year we'd take a picture in front of the tree on Christmas Eve. Bailey was always front and center, usually leaning against my youngest son who was kneeling.

Bailey hated riding in the car. She would pant incessantly and not settle. We drove to Florida a few years ago and she stood in the backseat the entire ride. Loud noises, thunder and fireworks freaked her out. Through the years my wife tried all sorts of remedies to calm her, thunder jackets to medication. Nothing worked. Many a night my wife slept on the couch with Bailey either on top of her or beside her during a thunderstorm.

Our granddaughter lived with us for many months after she was born. Bailey laid near Giana's blanket. When Giana became mobile and would grab Bailey's fur or climb all over her, Bailey was unphased. She was content as content could be. It was something to watch.

Last Thanksgiving Bailey suffered what we believe was a stroke. It was a couple days before she seemed to return to normal but we could tell she wasn't fully the same. And then the last Thursday with us, her health visibly deteriorated. She stopped eating and drinking and just laid on her side. Occasionally we could get her to eat something. She struggled to go outside. We'd have to carry her. Our Hoover carpet cleaner got quite a work out those last few days. Heartbroken, my wife and I knew our time with Bailey was drawing to a close.

So, on Tuesday afternoon, I wrapped Bailey in a blanket and with the help of my daughter-in-law we got her comfortably into the backseat of the truck. With tears streaming, I drove alone with Bailey to the vet to meet my wife who left work early. She called each of our children. I arrived



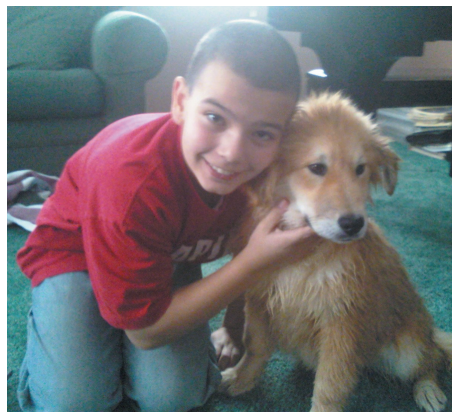
It's All About. . .

By **Chip Bertino**

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last time. She was a gentle soul who accepted the indignity of advancing age with a great deal of dignity.

The year was 2009. Our youngest son, 13 at the time, had been pleading with us for months that he had never experienced having a puppy in the house like his older brother and sister had. He articulated his pleas with flourish, skill and perseverance.



On a February Saturday afternoon while visiting Animal Control just to see what might be available, my wife, son and I met two puppies that were believed to be a cross between a Golden Retriever and a Collie. They were sisters approximately four months old. They had been picked up while wandering with their brother and mother along Route 12 in Stockton. Their mother and brother had been adopted.

We were allowed to spend time with both puppies. It became clear quickly that there was something very special about one of the sisters, whose color was a darker gold. While her sister was more interested in the dogs in adjacent kennels, this special puppy enthusiastically climbed all over our son, licking his face. Although she was quite the charmer, we didn't decide that day to adopt and in

first. Standing beside the open back door petting Bailey's head, memories of many happy days gone by played in mind. I spoke to her quietly. I don't really know that she heard me. She was breathing heavily. I couldn't help but think how things had come full circle. There was snow on the ground when she came to our family and there was snow on the ground the day she was leaving us. Funny what thoughts run through your mind during such emotional moments.

In a small room, with the vet, we said our goodbyes. Just before Bailey passed peacefully in my wife's arms, a look of puppy playfulness flashed in her eyes before they shut for the last time. The vet left us alone for as long as we wanted. My wife and I cried.

We arrived home that evening drained. We were met at the door by our other dog, Chooch who seemed to know something had changed. My wife told him quietly, "You're top dog now."

The following evening, still worse for the experience, my wife commented, "You know Bailey was the last dog we adopted as a family." More tears.

AGH opens Behavioral Health Crisis Center

If you experience a sudden physical illness or injury, you know that you can visit an urgent care clinic or will be cared for at the nearest emergency room, depending upon severity. In most communities, there is no comparable service for acute mental health or substance use-related illness.

Atlantic General Hospital, along with multiple community agencies, is working to change that on the Eastern Shore. As part of a grant-funded partnership with TidalHealth Peninsula Regional and more than a dozen community agencies called the Tri-County Behavioral Health Engagement (TRIBE), Atlantic General's Behavioral Health Crisis Center opened on January 31 to care for adults and pediatric patients ages five and older who are in urgent need of behavioral health intervention.

Initially, the center will be open 8 a.m. to 4:30 p.m., Monday through Friday, with plans to expand the hours as the program matures.

The primary site, which will offer 23-hour crisis stabilization, will be opened by TidalHealth in Salisbury

later this year.

While the center will rely largely on referrals from local EMS, schools and community agencies, it also accepts walk-ins who self-refer for care. No appointment is necessary. Individuals will receive an initial intake assessment with access to behavioral counseling, psychiatric care and medication management via telehealth as needed. Staff will provide real-time connection with needed resources provided by agencies located on site. Insurance and financial counseling services will also be available.

Roughly one in five adults and one in six children experience mental illness in some form each year. One in 20 Americans experiences serious mental illness, and the opioid epidemic continues to rage. Despite the prevalence of mental health and substance use illness in the U.S. and right here on the Shore, there is little infrastructure in place to address behavioral crises.

Individuals and their loved ones too often must rely on emergency departments, which are staffed by teams



Atlantic General joins community partners to celebrate the establishment of the new Crisis Center with a ceremonial ribbon cutting.

trained to provide episodic care for physical illness and trauma. Many times, those in behavioral health crisis who present to the ER and are then stabilized and released, fail to follow up for further community-based care. Often the underlying condition itself stands in the way, or individuals are overwhelmed when attempting to navigate a fragmented healthcare system.

In addition to providing warm hand-offs to community agency partners for support services, the crisis center will coordinate transfers to higher levels of care when needed. A care coordinator will follow individuals for five days or until those warm hand-offs or follow up appointments

are completed.

"By providing a dedicated center for immediate behavioral healthcare that is comfortable and welcoming, we hope to normalize the experience of seeking help and to reduce the stigma associated with mental illness," said Tina Simmons, director of population health at Atlantic General Hospital.

"The Maryland Health Services Cost Review Commission is excited to support the opening of this center through the Commission's regional partnership program. This is an important improvement in access to high quality crisis care on the Eastern Shore," said Katie Wunderlich, executive director of the Maryland Health Services Cost Review Commission.

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EOE

Valentine's Day jewelry buying guide

Jewelry is a popular gift come Valentine's Day. The National Retail Federation says 20 percent of Valentine's Day consumers are expected to buy jewelry this year, spending a total of \$4.3 billion.

Many people find buying jewelry for a loved one a little daunting because jewelry is such a personal item. Much like their favorite fragrances, men and women may have signature jewelry pieces and prefer some styles more than others.

Buying jewelry can be complicated for the uninformed. Because jewelry can be expensive, it pays for consumers to do their homework. With a little research and some knowledge from professional jewelers, shoppers can find pieces that turn out to be real Valentine's Day winners.

Discover his or her style. Consumers may need to have a little Sherlock Holmes in them when buying jewelry for a loved one. Pay at-

tention to the pieces a loved one wears each day or on special occasions. Listen and take notes when others ask your loved one about jewelry. For those who like a direct approach, ask a significant other to point out appealing items in a magazine. This can help consumers determine if a loved one likes classic styles, modern pieces, certain metal types, or particular gemstones.

Prestige brands aren't necessarily better. Don't be afraid to walk into a local jeweler and ask the staff's opinion. Well-known stores spend a lot of time and money to craft their reputations, and that effort often gets extended to the consumer by way of price markups. Local jewelers can have high-quality merchandise and guide shoppers in the right direction for a greater



value. Use the Jewelry Information Center to find reputable stores.

Purchase loose stones. It is easier to cover up flaws or draw attention away from imperfections in a stone by setting it in metal. Therefore, shopping for stones and settings separately may help shoppers determine if they are getting the right value for the money. Synthetic stones, which are grown in a laboratory, can be much more affordable because of their greater availability. Shoppers should ask for certificates that guarantee authenticity and in-

dicate where the stones originated.

Keep proportion in mind. Bulky jewelry may look awkward on people with slight frames, while smaller pieces may get lost on taller or fuller-figured persons. Work with the jeweler on scale, even noting a loved one's figure if necessary.

Set a budget and stick to it. Have a budget in mind before visiting a jewelry store. Going in blindly may leave consumers spending more than they initially intended. Many jewelers are willing to negotiate or may sell affordable pieces that mimic desired items in style and appearance.

Understand the exchange policy. Even with the best intentions and thorough research, a gift of jewelry may not hit the mark. Before buying a piece, consumers should make sure they can exchange the piece later on if it isn't the right style.

Jewelry is a popular Valentine's Day gift, but shopping for jewelry can be difficult. But careful consumers can find the right piece with a little due diligence.

The symbols of love

Valentine's Day symbols like heart-shaped boxes of chocolate, Cupid shooting his arrow and bouquets of roses are ubiquitous come February. Each of those symbolizes is meant to signify the love individuals have for their significant others, but perhaps no Valentine's Day image is more symbolic of love than doves. According to LiveScience.com, doves have been a symbol of love since the Middle Ages, when many people believed birds chose their mates on Valentine's Day. But the history of doves and their affiliation with love dates back even further and can be traced to the days of Greek mythology. Aphrodite is the goddess of love in Greek mythology, and she is often depicted as being surrounded by doves. Doves' own traits also have helped them become symbols of love, as LiveScience.com notes that male doves help their female partners incubate and tend to their young, bolstering their image as caring, loving birds.

Valentine's Day numbers to know

Valentine's Day is one of the most popular days of the year to celebrate. Here's a look at some interesting numbers associated with this day to celebrate the love people have for one another.

400: The year that Pope Gelasius declared February 14 a day to honor Saint Valentine.

62: The percentage of adults who say they celebrate the holiday.

1.7: The amount, in billions, that is spent on candy for Valentine's Day, according to the National Retail Federation.

512: The average dollar amount spent per person for Valentine's Day.

58: The number of pounds, in millions, of chocolate bought during Valentine's Day week.

150: The number of cards and gifts, in millions, sent each year for the day of love.

1: The dollar amount, in billions, that Americans are expected to spend on Valentine's Day cards.

61: Percentage of men who purchase flowers or plants for Valentine's Day.

15: Average cost, in dollars, of a box of chocolates.

Valentine's at DeNovo's

Friday 11th, Saturday 12th & Monday 14th

Starting at 4pm

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Slice of Smith Island cake to share



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Inside Ocean Pines South Gate

Give yourself some 'paychecks' for retirement

Submitted by **John Bennish**
Financial Advisor, Edward Jones



John Bennish

During your working years, you've probably met the costs of living through your salary. But once you retire, where will the money come from? Is there a way to give yourself a "paycheck" for retirement?

There is indeed – but you'll have to do a good job of managing your available income sources. Here are some moves that can help:

Accept dividends and interest payments. Instead of automatically reinvesting all your dividends and interest payments into your portfolio – which is an excellent strategy for building wealth – you might want to begin receiving these payments as part of your income. Keep in mind, though, that companies can lower or discontinue dividends at any time. However, it's also true that some companies have consistently paid, and even increased, dividends over many years, and even decades.

Choose an appropriate withdrawal rate. Once you're retired, you'll likely need to begin withdrawing from your investment accounts. But you'll need to avoid taking out too much early in your retirement – you don't want to risk outliving your portfolio. For many people in their mid-60s, a 4% annual withdrawal rate is a good starting

point, but everyone's situation is different, and your ideal rate will depend on several factors: your age, the size of your portfolio, other sources of income, and so on. Once you turn 72, you'll be required to take at least a minimum amount from your traditional IRA and 401(k), but you can choose to withdraw more, if necessary.

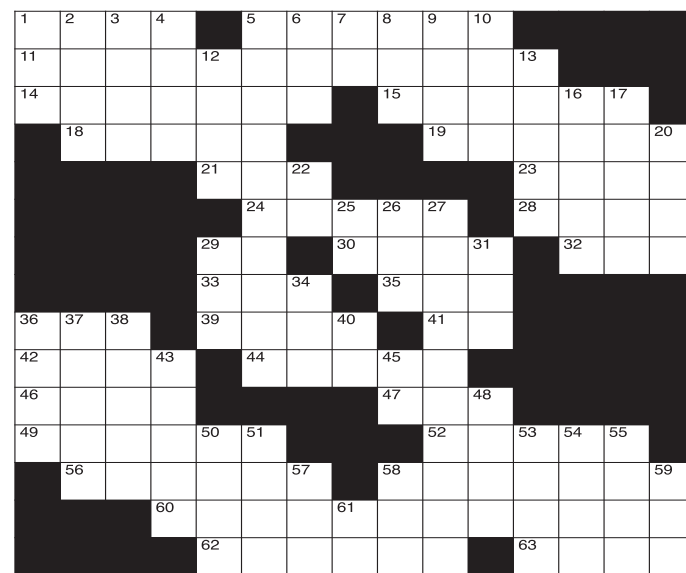
Maximize your Social Security. You have significant control over the amounts you'll receive from Social Security. You can begin taking these payments at age 62, but they will be much larger if you wait until your full retirement age, which will likely be between 66 and 67. (You will receive the maximum amount if you wait until you reach 70.) So, if you think you have enough income from other sources, you might decide to delay taking Social Security – but if you need the money, you may not be able to wait. And here's something else to think about: If your spouse had considerably higher earnings than you did, you may be eligible for spousal benefits.

• *Consider an annuity.* You might want to consider purchasing an annuity that provides lifetime payments. Some annuities are even indexed for inflation, meaning payments will increase or decrease each year, keeping pace with the Consumer Price Index. Annuities are not suitable for everyone, though, so, before investing in one, you should consult with a financial professional who is familiar with your situation.*

Finally, don't rule out the possibility of earned income. Just because you've retired from your full-time job doesn't mean you can't work in some capacity, perhaps by doing some part-time work or consulting or even opening your own small business.

Look at all these ideas when thinking about putting together an income plan for your retirement. You may find that your diligence will pay off.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor John Bennish, Ocean Pines. He can be reached at 410-208-9083. Edward Jones, Member SIPC.

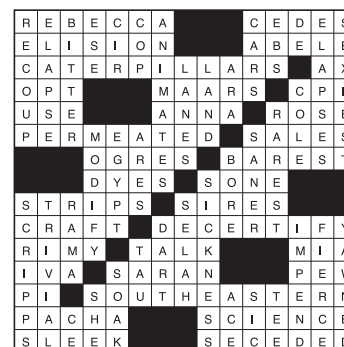


CLUES ACROSS

- 1. Constrictors
- 5. Abounding in rocks
- 11. Speed
- 14. German city
- 15. Lacking sympathy
- 18. Visionaries
- 19. Wastes away
- 21. One precursor to the EU
- 23. Nursemaid
- 24. Unconsciousnesses
- 28. Baby's word for father
- 29. Equal to 64 US pints (abbr.)
- 30. Senses of self-importance
- 32. Midway between south and southwest
- 33. When you hope to get there
- 35. Electronic data processing
- 36. Passports and drivers' licences are two
- 39. Fishes
- 41. Air Force
- 42. Personal computers
- 44. Ecological community
- 46. Wings
- 47. Halfway
- 49. Cool, calm and collected
- 52. Jewelled headdress
- 56. Musical composition
- 58. ___ Falls
- 60. Repeating remarks
- 62. Periods in one's life
- 63. Hyphen

CLUES DOWN

- 1. ___ Humbug!
- 2. Devices that alert pilots (abbr.)
- 3. Grocer
- 4. One point east of southeast
- 5. Subjects to hostility
- 6. Work unit
- 7. Atomic #56
- 8. British thermal unit
- 9. "Elusive Butterfly" singer
- 10. Egg part
- 12. Device
- 13. Rechargeable power source
- 16. Ancient sage
- 17. Consist of two elements
- 20. "Pygmalion" writer
- 22. "The Centennial State" (abbr.)
- 25. Of I
- 26. Get older
- 27. Brotherhoods
- 29. Buzzing insect
- 31. Sunscreen rating
- 34. Brew
- 36. Leader
- 37. Indigo bush
- 38. Burn with a hot liquid
- 40. Junior's dad
- 43. Horse mackerels genus
- 45. Morning
- 48. Unit of linear measurement (abbr.)
- 50. Double curve
- 51. Small, twisted bunch
- 53. Developed
- 54. Mars crater
- 55. Humanistic discipline
- 57. Word element meaning ear
- 58. Last or greatest in an indefinitely large series
- 59. Wood residue
- 61. It cools your home



Answers for February 2

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Courier

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Diabetes prevention classes offered

Small changes often lead to major results and the Worcester County Health Department's Lifestyle Balance: Diabetes Prevention Program aims to help residents eat healthy, be active and lower their risk for type 2 diabetes with easy-to-follow tips and tools.

If you have been diagnosed with prediabetes or have a history of gestational diabetes, this program is proven to help you improve your eating habits, increase your daily activity, lose weight and reduce your chance of developing type 2 diabetes. On average, participants lose between 5-7-percent of their body weight.

The Lifestyle Balance - Diabetes Prevention Program will allow you to learn about healthy eating, exercise, and weight loss. It is a year-long, group program that will run February 28, 2022 through February 27, 2023. Classes will be available on-line and in-person. Class times are Mondays 4-5pm (online) and 5-6pm at the Pocomoke Library located at 301 Market Street. You will participate in 16 weekly sessions followed by once-a-

month support sessions for the remainder of one full year.

When you enroll in this great program, you will receive one-on-one support from a certified wellness coach, learn about healthy eating and active living, lose weight, earn weekly prizes, improve health, and participate in weekly chats with others to help encourage them during their healthy lifestyle journey.

"We are excited to continue to provide the Diabetes Prevention Program in our county in efforts to prevent the onset of type 2 diabetes. Programs are offered through a distance learning on-line format and in-person which offers some flexibility for those wishing to enroll in free services," said Crystal Bell, Chronic Disease and Tobacco Supervisor at the Worcester County Health Department.

Please call 410-632-1100 ext.1108 or email crystal.bell1@maryland.gov to discuss program enrollment, eligibility, and to request a registration packet. Space is limited; pre-registration is encouraged.



Comfort quilts - Members of the Quilters by the Sea Guild show just some of the finished comfort quilts that will be donated to the various charities around Delmarva. Above left to right: **Marlene Passero, Jacqui Santangelo, Cindy Happel, Stephanie Dilworth** (Volunteer Day Coordinator), **Lea Ekman and Ellen Moran.**

For more information about donating or joining Quilters by the Sea, email qbsope-mail@gmail.com or attend any volunteer day (first Wednesdays, 10 a.m. - 3 p.m.) in the Ocean Pines Community Room.

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FUN!

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'Glamour Girl' Spa Day
Saturday, Feb 26 | 11am-3pm
\$20 OP Residents, \$25 Public
Appointments: 410.641.7052

Water Aerobics

T,TH | Thru Mar 17 | 5:15-6pm
Drop in: \$5 Swim Members,
\$6 OP Residents, \$7 Public
Info: 410.641.5255

AT THE POOL!

Lifeguard Certification

Apr 8, 5-9pm | Apr 9 & 10, 9am-6pm
\$200 Swim Members,
\$250 OP Residents, \$275 Public
Register: 410.641.5255

DINING!

OP Golf Club Winter Rates

OP Resident Rate \$30*
Public Rate \$35
Tee Times:
410.641.6057

*with OP Resident ID Card

Clubhouse Bar & Grille

Open Thu-Sun, 8am-5pm

Ocean Pines Yacht Club

Closed thru Feb 10 | REOPENS FEB 11

Open Thu-Sun at 11am

Feb 19 | 5-9pm | Live Music w/Eclipse



Some things to think about

Gathered from the internet by **Jack Barnes**

It is important to make breaks between individual exercises. I personally stick to breaks of about 3-4 years.

It's amazing how nice people are to you when they know you're going away.

According to my mirror I am pregnant. The father is Nutella.

Organized people are simply too lazy to search for stuff.

Every time a bird craps on my car, I go out on my terrace and eat some scrambled eggs. Just to show them who's the boss.

Need something cool to say because you just slipped and fell? "Yep, gravity still works!"

I'm on a strict seafood diet. I see food, I eat it.

What not to say when you get pulled over: Police officer: Papers. Driver: Scissors.

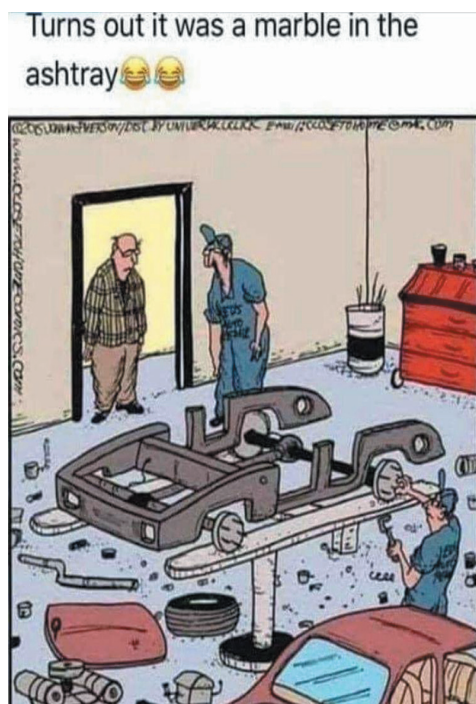
You know you're in trouble when the little voices in your head start a chat group.



I WAS WORRIED MY MECHANIC WOULD TRY TO RIP ME OFF

I WAS RELIEVED WHEN HE SAID I ONLY NEEDED BLINKER FLUID

I went to visit a psychic.
I knocked on her front door and she yelled...
"Who is it?"
So I left.



SO YOU'RE TELLING ME

YOU DRIVE A MILE TO THE GYM TO WALK A MILE ON A TREADMILL?

MAYBE IF WE START TELLING PEOPLE THE BRAIN IS AN APP, THEY'LL START USING IT.

TidalHealth visitation policy changed

As TidalHealth works to balance patient safety and support and the desire to reunite loved ones with family members who are hospitalized, as of February 1 the health system increased visitation opportunities at both TidalHealth Peninsula Regional in Salisbury, Maryland and TidalHealth Nanticoke in Seaford, Delaware.

-One designated visitor, over the age of 18, per patient will be allowed for the duration of the patient's hospitalization.

-Visitors are required at all times to wear a facemask that covers both their nose and mouth. Only procedural ear loop masks, N-95 and KN95 masks will be permitted. Cloth masks, gaiters and bandanas are not allowed. A procedural mask will be provided for those visitors arriving with any of the unapproved face coverings.

-If visiting a patient confirmed to have COVID-19 or under investigation for COVID-19, the patient and the visitor must comply with all infection guidelines. The patient must wear a procedural mask, N-95 or KN95 mask. The visitor must wear a procedural mask, N-95 or

KN95 mask, protective gown and gloves. -Visitation hours will be 11 a.m. to 6 p.m., seven days a week.

Upon entry, visitors will be screened for fever and other COVID-19 symptoms. Anyone who is feeling ill or feverish should not visit and will not be allowed to proceed to a patient floor if they are found to have a fever or symptoms.

Visitors will not be permitted to wait inside any TidalHealth lobby prior to visiting hours.

At TidalHealth Peninsula Regional, visitors should enter via the Hanna Main Entrance (adjacent to the Emergency Department), located near the Visitor Parking Garage off Vine Street. At TidalHealth Nanticoke, visitors should use the main entrance or your designated entrance.

One support person is allowed to accompany a patient in the Emergency Department (ED). If that patient is later admitted to a medical floor, the patient will be allowed a single visitor.

In Labor and Delivery, one support person and one approved certified doula are allowed to accompany the birthing mother.



Kiwanians recognized

President Tim Lund resurrected the "Kiwani of the Month" awards when he took over as President of the Kiwanis Club of Greater Ocean Pines-Ocean City in October. At the February 2 weekly meeting two awards were presented. (L-R) Kiwanian of the Month of January 2022 **Dave Landis**, President **Tim Lund** and Kiwanian of the Month December 2021 **Tom Southwell**. Each also received a Kiwanis shirt.

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County to host job fair

Worcester County Government (WCG) invites those seeking rewarding career opportunities to attend the WCG Job Fair on Thursday, February 10, from noon to 3 p.m.

The job fair is being hosted on the third floor of the Worcester County Government Center in Snow Hill.

WCG, a member of the Maryland State Retirement System, offers full benefit packages for full-time employees. For a complete list of WCG job opportunities, visit <https://worcesterhr.co.worcester.md.us/>.

For more information, contact Human Resources Specialist Ann Hankins at 410-632-0090.

Worcester Prep presents musical

Worcester Preparatory School presents Shrek The Musical on Friday, February 25 at 6:30 p.m. and Saturday, February 26, at 3 p.m. Doors will open 30 minutes prior to showtime.

Tickets went on sale Monday, February 7. All tickets purchased in advance are \$12. Tickets purchased at the door will be \$15.

Tickets can be purchased from Debbie Taylor, located in the Middle and Upper School Office, during school hours (8 a.m. to 3:30 p.m.) Tickets are also available on the school's website at www.worcester-prep.org/arts/musical-tickets. Tickets purchased online will be available for pick-up at the door on the night of the show.



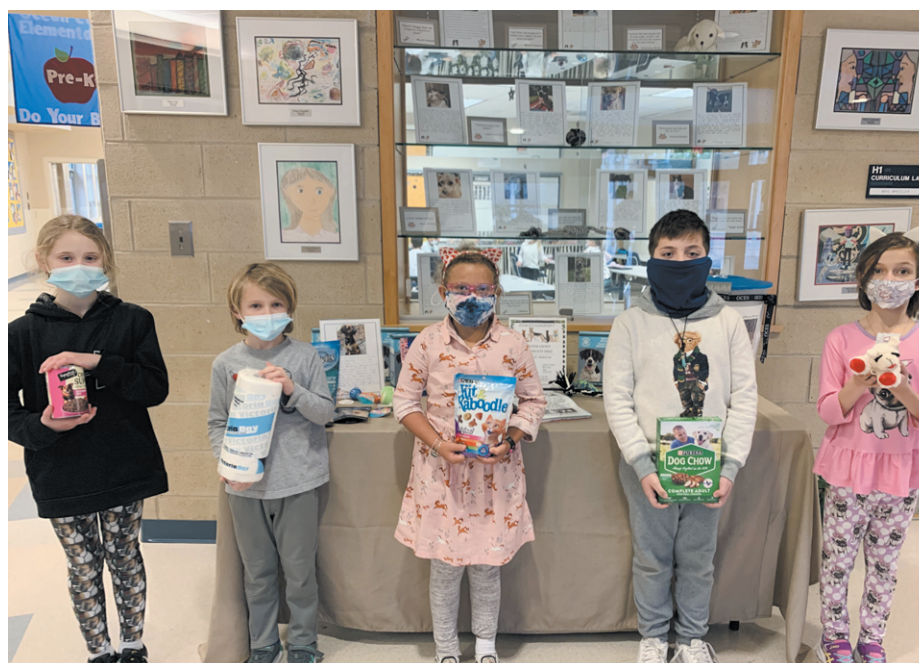
Dual enrollment info night set

A free dual enrollment information session for current high school sophomores and juniors and their parents will be held on Tuesday, Feb. 22, at 6 p.m., in Guerrieri Hall at Wor-Wic Community College in Salisbury.

Attendees can learn about how high school students can earn college credits during their junior and senior years in high school.

"Wor-Wic's dual enrollment program is an excellent opportunity for high school students to begin their college education early at a highly reduced cost," said Bryan Newton, vice president for enrollment management and student services at Wor-Wic. "Students can start early on their college education, save thousands of dollars on college costs and begin to learn how to succeed in a college setting."

Visit the events section of www.worwic.edu for more information or to register.



Pet drive - On February 4, Ocean City Elementary School celebrated Care for Pets Spirit Day to kick off their annual Humane Society Drive. Throughout the month, students, faculty and staff will collect supplies to help the dogs and cats at the shelter. They are also having a Friskies canned cat food contest between the grades. Pictured with a few donations from the first day of collecting are l to r: **Lia Walls, Joey Kraeuter, Bella Brueckner, Kristi Gjidede and Jacalynn Wheeler.**

County students invited to enter art show

The Art League of Ocean City invites students in middle and high school in Worcester County to enter their original artwork and be eligible to win cash prizes. The Shirley Hall Youth Art Show will hang in the galleries of the Ocean City Center for the Arts from March 4-6, 2022. The show coincides with National Youth Art Month and the 6th Annual Ocean City Film Festival.

Entries will be accepted in-person at the Arts Center, 502 94th St. bayside, from Sunday, Feb. 20 through Saturday, Feb. 26 during regular Arts Center hours, Monday-Friday 9 a.m. to 4 p.m. and weekends 11 a.m. to 4 p.m.

For more than 30 continuous years, the Art League has presented an annual youth art show for Worcester Co. students. Originally sponsored by the Women's Club of Ocean City and coordinated by member Shirley Hall, who was also a former Art League president, the Art League continued to coordinate the show after the Women's Club disbanded, believing it central to its mission.

When Shirley Hall passed away in 2006, the Art League renamed the show in her honor. Betsy Hall Harrison, Shirley Hall's daughter, will judge

please see show on page 15

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Carozza provides General Assembly update

This week started with Senator Mary Washington's (Baltimore) Black History Month remarks on the Senate Floor paying tribute to the many achievements of African Americans in Maryland and noting current challenges, including the recent bomb threats targeted at Maryland's Historically Black Colleges and Universities (HBCUs). "As the Senator representing the University of Maryland Eastern Shore, I especially am disturbed about these bomb threats and will continue to support efforts to protect the safety of UMES and Maryland's HBCUs," said Senator Mary Beth Carozza.

Also, during Senate Floor proceedings this week, Senator Addie Eckardt (Dorchester) in her role as the Protocol Chair recognized the Senate Pages including Jaeden Horner from Parkside High School in Wicomico County.

Governor Larry Hogan recounted many of Maryland's accomplishments in his final State-of-the-State address on February 4. "Together, we have led one of the strongest health and economic recoveries in America," Governor Hogan remarked. Additionally, Governor Hogan stressed the urgent response that is needed by the legislature on crime due to record-level violence in Maryland.

"Governor Hogan gave his eighth and last State of the State address staying focused on growing jobs and the economy, tax relief, and public safety. He has changed Maryland for the better and we still have plenty of work to do this year serving the people of our great State of Maryland," said Carozza after the Governor's ad-

dress.

Combating the violent crime crisis took center stage in the Senate this week. Senate Democrats introduced their package of legislation to combat violent crime, which unfortunately will do nothing in the short term to solve the issue. While the Senate Republican Caucus supports judicial and prosecutorial transparency, rehabilitation programs, and other measures, "we can't just have long-term solutions – we must act now to stop the violence and restore safety in our communities," said Carozza.

Senate Republicans quickly responded and repeated their calls for immediate action to remove repeat, violent offenders off our streets. Republicans again called for colleagues to pass, for a third time, the Violent Firearms Offenders Act" (SB339), which:

- Enhances penalties for using guns in violent crimes;
- Closes the Drug Dealer Loophole, which exempts drug dealers from enhanced penalties that apply to every other felony where a firearm is used;
- Enhanced penalties for knowingly giving someone a gun to commit a crime;
- Giving prosecutors more tools to crack down on firearm offenders; and,
- Enhanced penalties for criminals who are caught repeatedly carrying guns

Last year, the Maryland Senate passed this legislation on a 32-15 bipartisan vote, but unfortunately, the House of Delegates refused to consider the bill, for the second year. The Senate GOP Caucus also supports legislation that would make the theft of a

handgun a felony.

Senator Carozza attended and participated in Maryland Tourism Day on February 1. Tourism is a major economic and jobs driver for the state of Maryland. Visitors spend nearly \$18.6 billion in Maryland each year; 95 percent of tourism businesses are small businesses; for every dollar spent on tourism advertising, \$31 is generated to strengthen Maryland's economy; and one out of 16 jobs in Maryland is a tourism job.

"Maryland Tourism Day is always one of my favorite days in Annapolis as we celebrate 'Tourism Works for Maryland!' At our tourism rally in front of the State House, I thanked all of our tourism representatives from around the state, especially Kristen Goller, Wicomico Recreation & Parks; Michele Burke, Worcester County Economic Development (WCED); Brianna Dix, Maryland's Coast; and Kerrie Bunting, Ocean Pines Chamber of Commerce, and the Maryland Tourism Coalition," said Carozza.

Senate Bill 32, Senator Carozza's local agritourism bill, received a favorable vote on February 3 by the Senate Education, Health, and Environmental Affairs Committee, making it the first of Carozza's bills to make it to the Senate Floor this 2022 session. This would add Worcester County to the list of 18 other jurisdictions in which farm structures used for agritourism activities are exempted from

certain commercial building requirements.

"This legislation is a win-win for both the farm families who may need to diversify and pull in additional revenue just to keep the farm and for tourists who will have more options to explore and experience our local farms," said Senator Carozza.

The Eastern Shore Delegation was briefed by Holly Porter, Executive Director with Delmarva Chicken Association (DCA), and Hiram Burch, Legislative Manager of Maryland's Office of Policy Analysis. DCA shared insightful information on the poultry industry and its continued challenges with workforce shortages. Regardless of these challenges, DCA reported 9,286 jobs and \$2.7 billion in economic stimulus. The Delegation also heard an overview from the Office of Policy Analysis on state aid to local governments including education and police aid funding.

During the Delegation zoom meeting, Senator Carozza congratulated DCA President Far Nasir, poultry grower from Pocomoke, on DCA receiving the 2021 Agricultural Ambassador of the year by the Salisbury Chamber of Commerce. Carozza also encouraged DCA members to continue to share their experiences with the Delegation. "Sharing real examples from family farms is helpful in making the case to other committee members," said Carozza.

show
from page 14

the show and award \$250 in prize money on behalf of her family members.

"With the pandemic affecting schools so profoundly, we felt it was more important than ever to keep our local students engaged in the arts," Rina Thaler, executive director of the Art League, said. "That's why we're reaching out to students directly this year as well as going through their teachers. We want all middle and high schoolers to know they are invited to personally enter."

The show is open to all middle and

high school students in Worcester County, including public, private, and homeschool students. Artwork must be original, and all two-dimensional art is eligible: paintings, drawings, photographs, mixed media, etchings, and more. The artwork must have been created in the past year. Artwork must be matted or framed and ready to hang.

The Ocean City Center for the Arts practices mask wearing and social distancing.

Questions should be directed to Kacie Neeb, gallery assistant, at the Art League, kacie@artleagueofoceancity.org.



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EOE

Presidential History

William Henry Harrison

William Henry Harrison (1773-1841), America's ninth president, served just one month in office before dying of pneumonia. His tenure, from March 4, 1841, to April 4, 1841, is the shortest of any U.S. president. Harrison, who was born into a prominent Virginia family, joined the Army as a young man and fought American Indians on the U.S. frontier. He then became the first congressional delegate from the Northwest Territory, a region encompassing much of the present-day Midwest.

In the early 1800s, Harrison served as governor of the Indiana Territory and worked to open American Indian lands to white settlers. He became a war hero after fighting Indian forces at the Battle of Tippecanoe in 1811. Harrison went on to serve as a U.S. congressman and senator from Ohio. He was elected to the White House in 1840 but passed away a month after his inauguration, the first U.S. president to die in office.

William Henry Harrison was born on February 9, 1773, at Berkeley, his family's plantation near Rich-

mond, Virginia. His father, Benjamin Harrison (1726-91) was a signer of the Declaration of Independence and governor of Virginia. The younger Harrison attended Hampden-Sydney College and studied medicine at the University of Pennsylvania, before dropping out in 1791 to join the Army.

Harrison fought against Indian forces in various territorial conflicts, including the Battle of Fallen Timbers in 1794, which was won by the U.S. and opened present-day Ohio to white settlement. Harrison was promoted to captain and became commander of Ohio's Fort Washington, near present-day Cincinnati.

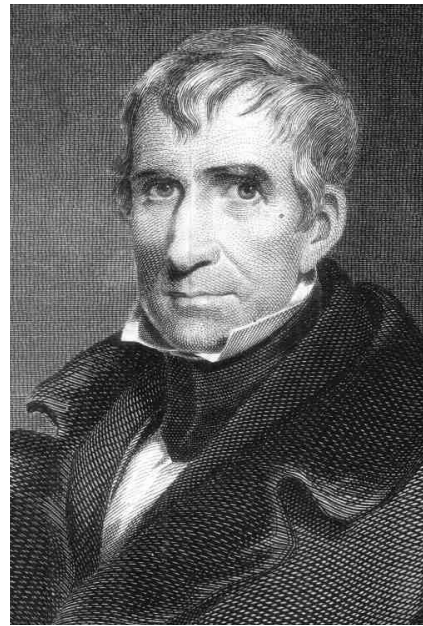
In 1795, Harrison married Anna Tuthill Symmes (1775-1864), whose father was a judge and wealthy landowner in Ohio. At first, Judge Symmes was against a match between the two, believing his prospective son-in-law's military career on the frontier was not conducive to marriage; as a result, the Harrisons eloped. The couple had 10 children, six of whom died before Harrison became president. Their son John Scott Harrison (1804-78) would grow up to become a U.S. congressman from Ohio and the father of Benjamin Harrison (1833-1901), the 23rd American president.

After Harrison resigned from the Army in 1798, President John Adams (1735-1826) named him secretary of the Northwest Territory, a region encompassing the present-day states of Indiana, Illinois, Michigan, Ohio, Wisconsin and parts of Minnesota. The following year, Harrison became the Northwest Territory's first congressional delegate.

In 1800, Congress created the Indiana Territory from part of the Northwest Territory, and Harrison became governor of the new territory. In this position, he negotiated treaties with American Indian tribes in which they agreed to hand over millions of acres of land. Not all tribes were happy with these treaties, however, and Harrison subsequently called in U.S. forces to remove Indians from the treaty lands and secure them for white settlers.

In 1811, at the Battle of Tippecanoe, in Indiana, Harrison's forces fought off followers of the powerful Shawnee leader Tecumseh (1768-1813). Although the U.S. suffered significant troop losses and the battle's outcome was inconclusive and did

not end Indian resistance, Harrison ultimately emerged with his reputation as an Indian fighter intact. He capitalized on this image during his 1840 presidential campaign, using the slogan "Tippecanoe and Tyler



too."

After a dozen years as governor of the Indiana Territory, Harrison re-joined the Army when the War of 1812 began. He was made a brigadier general and placed in charge of the Army of the Northwest. Harrison scored a decisive victory against the British and their Indian allies in 1813 at the Battle of the Thames, near the southern section of present-day Ontario, Canada. The chieftain Tecumseh was killed during the battle, and the confederation of Indian tribes he led never again posed a serious threat in the region.

In 1814, Harrison resigned from the Army as a major general and moved with his family to a farm in North Bend, Ohio. Two years later, Harrison was elected to the U.S. House of Representatives from Ohio. In 1819, he became a state senator. Starting in 1825, he spent three years as a U.S. senator. He resigned his senate seat in 1828 to become U.S. minister to Colombia, a post he held for a year.

In 1836, Harrison was a Whig Party candidate for the U.S. presidency (the recently established Whigs ran three presidential candidates in different parts of the nation that year). Harrison lost the election to Democrat Martin Van Buren (1782-1862). Four years later, the Whigs

nominated Harrison again, with Virginia politician John Tyler (1790-1862) as his running mate. During the campaign, a pro-Democrat newspaper mocked Harrison, then in his late 60s, for being too old to run for president, and said: "Give him a barrel of hard [alcoholic] cider, and... a pension of two thousand [dollars] a year... and... he will sit the remainder of his days in his log cabin."

The Whigs used this statement to mount a "log cabin campaign," positioning Harrison, or "Old Tip," as a symbol of the common man and promoting his image as an Indian fighter on the frontier. (His supporters used log cabin and cider barrel imagery on campaign memorabilia, including log-cabin-shaped bottles of whiskey from the E.C. Booz distillery, which led to "booze" becoming a common American term for alcohol.)

Van Buren, who was unpopular with Americans for his mismanagement of the financial crisis known as the Panic of 1837, was painted by his opponents as an out-of-touch, wealthy elite. In fact, he came from humble roots while Harrison was well-educated and hailed from an established family. However, the tactics worked: Harrison won the presidency with an electoral vote of 234-60 and approximately 53 percent of the popular vote.

The 68-year-old Harrison was sworn into office on March 4, 1841. He was the oldest U.S. president until Ronald Reagan (1911-2004) was elected in 1980 at age 69. Harrison gave a lengthy inaugural address the longest in history, and opted not to wear a coat or hat, despite the inclement weather. Four weeks later he was dead from pneumonia. Harrison was succeeded by his vice president, John Tyler, who earned the nickname "His Accidency."

First lady Anna Harrison, who outlived her husband by two decades, became the first presidential widow to receive a pension from Congress, a one-time payment of \$25,000, the equivalent of one year of her husband's White House salary. She was also given free postage on all her mail.

The former president and his wife are buried at the William Henry Harrison Tomb State Memorial in North Bend, Ohio.

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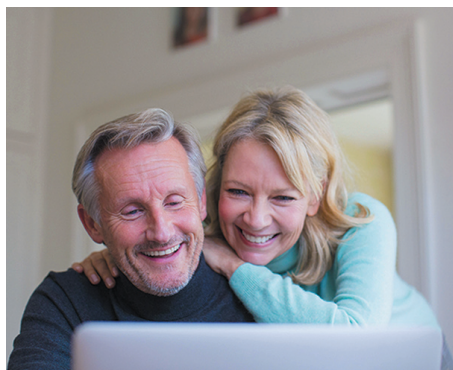
Tides for Ocean City Inlet

Day	High / Low	Tide Time
Th 10	High	3:00 AM
	Low	9:17 AM
	High	3:14 PM
	Low	9:04 PM
F 11	High	3:59 AM
	Low	10:18 AM
	High	4:11 PM
	Low	9:59 PM
Sa 12	High	4:53 AM
	Low	11:12 AM
	High	5:02 PM
	Low	10:51 PM
Su 13	High	5:40 AM
	Low	11:57 AM
	High	5:48 PM
	Low	11:40 PM
M 14	High	6:24 AM
	Low	12:37 PM
	High	6:32 PM
Tu 15	Low	12:24 AM
	High	7:06 AM
	Low	1:14 PM
	High	7:15 PM
W 16	Low	1:06 AM
	High	7:46 AM
	Low	1:50 PM
	High	7:57 PM

What seniors should know about social media safety

Seniors might not be the demographic individuals initially associate with social media. However, Pew Research notes that seniors' social media usage has been steadily rising for a number of years, proving that individuals 65 and over are not tech-averse.

Pew data from 2019 indicates that



46 percent of individuals 65 and older use Facebook. Social media platforms like Facebook and Instagram can be a great way to stay connected with family and friends and stay up-to-date on community events. But social media usage is not without risks, especially in regard to users' safety. Seniors without much social media experience can heed these safety tips as they navigate popular platforms and discover all they have to offer.

Examine your account settings. Social media users can control their privacy settings so they can decide who can (and can't) view their online activity. Each platform is different, but profiles set to public generally allow anyone to view individuals' activity, so seniors should set their profiles to private to limit access to their information.

Be mindful of your social media social circle. It's easy to make virtual friends via social media, but seniors should be mindful of who they accept as online friends. Carefully consider each friend request and decide just how big or small you want your social media community to be. Many individuals prefer to limit their online social circles to individuals they know well and want to stay in touch with, and that can serve as a good measuring stick when deciding whether or not to accept a friend request.

Avoid sharing personal information. Seniors are no doubt aware that they should never share especially personal information, such as their Social

Security number. However, seniors also should hesitate to share personal information like vacation plans. Seniors who post about upcoming trips could return home to find they've been victimized by criminals who scoured their social media accounts and learned when they were going to be away. A good rule of thumb is to keep personal information private and limit posts to information that is not overly specific or sensitive.

Recognize the threat posed by scammers. Social media platforms have had varying degrees of success in regard to keeping their sites scam-free. But scammers find a way, and users must take steps to avoid being victimized. Never click on a link within a post from someone you don't know and avoid anyone soliciting donations through social media platforms.

Seniors are engaging with social media more than ever. Such engagement requires seniors to be mindful of the many ways to protect their privacy when spending time online.



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How to make aging pets more comfortable

Pets are valued members of many families, and their owners typically do everything they can to ensure their furry friends live as comfortably as possible.

Care becomes even more important as pets get older. Just like people, aging pets may eat less and sleep more. They may have reduced stam-

ina and even experience stiffness when getting up from sleep. Certain pets may experience failing eyesight, hearing loss and/or incontinence.

pets may require two visits per year. Speak with a veterinarian about how often your aging pet should come in for checkups. Checkups can help identify illnesses earlier and ensure any aches and pains are addressed immediately.

Invest in comfort devices. Pets may need items that can accommodate aches and pains or other conditions. For example, aging pets may benefit from a high-quality orthopedic pet bed. Pet strollers and raised food bowls also can make aging pets' lives a little more comfortable.

Address mobility issues. Aging pets may need help getting around. Non-skid carpet runners in high-traffic areas can help pets walk around securely. Steps or ramps can make it easier to get on or off beds or in and out of vehicles.

Install doggie doors. Senior pets may need to relieve themselves more frequently. A doggie door can allow for faster access to the outdoors. Similarly, a litter box with a lower opening makes it easier for aging cats to use the litter box.

Ensure ample protection against the elements. Aging pets may feel the weather more than younger pets. They may need sweaters and coats or booties to protect their paws from the snow and ice. Cooling or heating mats may improve comfort indoors.

Purchase animal diapers. Some senior pets may not be able to control themselves. Diapers and absorbent pads can keep them dry and prevent soiling around the house.

Help the animal lose weight. Pets should maintain a healthy body weight, which can relieve pressure on joints and reduce risk for certain illnesses, including difficulty breathing and skin irritations. Speak with a veterinarian about the right foods and types of exercise for your pet to keep its weight in check.

Aging pets need extra patience and care. Pet owners can improve comfort and accessibility for their senior pets.



ina and even experience stiffness when getting up from sleep. Certain pets may experience failing eyesight, hearing loss and/or incontinence.

According to an American Pet Products Association survey, 67 percent of U.S. households have a pet



and will have to cope with that pet becoming a senior at some point. Senior animals might need a little extra help as they age, particularly with regard to comfort. These tips can help.

Visit the vet more often. Senior pets may need to see the vet more frequently than they used to. Pets typically visit the vet every year. Senior



First Friday - The Art League of Ocean City held its monthly First Friday art opening February 4 at the Ocean City Center for the Arts on 94th St.

Carol Lehmann greeted guests and discussed her encaustic paintings. Lehmann's work is part of the "Sourced from Nature" exhibit in the Thaler Gallery at the Arts Center, running through Feb. 26.



Dental Month - The Worcester County Commissioners presented a proclamation to Cynthia Heselbach of the Worcester County Dental Center in Berlin recognizing February as Children's Dental Health Month in Worcester County. The dental center, which operates under the auspices of the Worcester County Health Department, serves those under age 21 or pregnant who are low income, uninsured, or enrolled in the Maryland Medicaid Program.

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